



Social Services | Public Health | Mental Health

news release

Sept. 11, 2019

Second annual Healthy Snack Day coming up

Learn helpful tips and recipes to make snacking healthy, easy and affordable at the second annual Healthy Snack Day scheduled from 11 a.m. to 2 p.m. on Thursday, Sept. 12, at the Eureka Grocery Outlet.

Enjoy fun, family-friendly activities, win free prizes and make your own healthy snacks. Take the Healthy Snack Day pledge and commit to including more fruits and vegetables in your diet, or use the personal recipe finder to identify the perfect snack based on your family's favorite foods.

Humboldt County Department of Health & Human Services (DHHS) Senior Health Education Specialist Mellody Mallick said, "We're more likely to eat healthy snacks if they're convenient and easily seen. Wash and prepare fresh fruits and veggies right after grocery shopping to make them easy-to-grab. If you're on the go, bananas, oranges, carrots, mixed nuts and dried fruit are great ready-to-eat options."

Whether it's at home, work or after school, making healthy snack choices can improve one's health and well-being. According to the U.S. Department of Agriculture, healthy eating combined with regular physical activity is a part of maintaining good overall health and can reduce the risk of chronic disease.

Healthy Snack Day serves as a reminder to think before you snack, and build healthier eating habits for the whole family.

This event is organized by the Healthy Communities Division of DHHS's Public Health branch and Changing Tides Family Services.

The Eureka Grocery Outlet is located at 625 Commercial St. To learn more about Healthy Communities, go to humboldt.gov/healthycommunities. To find healthy snack recipes and resources, visit healthysnackday.com.

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